PERIOD TRACKER

You could use colour or shapes to record symptoms on this tracker to help you get to know your cycle.

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KEY*			
	Spotting		Sad
	Light		Angry
	Medium		Tearful
	Heavy		Energetic
	Cramps		Strong
	Back pain		Happy
	Tired/Fatigue		Bloated
	Acne		Sore breasts
	Headache		Period poos
	Appetite changes		Irritable
	Sleep disruption		

*Add your own symptoms as needed

CYCLE LENGTH			
January		July	
February		August	
March		September	
April		October	
May		November	
June		December	

NOTES